

THE
Natural History

OF
COFFEE, CHOCOLATE,
THEE, TOBACCO.

In four several Sections ;

WITH A
TRACT
OF

ELDER and JUNIPER-BERRIES,

Shewing how Useful they may be in Our

COFFEE-HOUSES:

And also the way of making

M U M,
With some Remarks upon that LIQUOR.

Collected from the Writings of the best Physicians,
and Modern Travellers.

L O N D O N :

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against St. Dunstan's Church in Fleetstreet. 1683.

THE
Natural History
OF
COFFEE.

SECT. I.



OFFEE is said to be a sort of *Arabian* Bean, called *Bon*, or *Ban* in the Eastern Countries, the Drink made of it is named *Coava*, or *Chaube* over all the *Turkish* Dominions. *Prosper Alpinus* (who liv'd several years in *Ægypt*) assures us that he saw the Tree it self, which he compares to our *Spindle Tree*, or *Prick-wood*, only the Leaves were a little thicker, and harder, besides continually Green. This Tree is found in the Desarts of *Arabia*; in some parts of *Persia* and *India*, the Seed or Berry of which is called by the Inhabitants *Buncho*, *Bon*, and *Ban*, which being dry'd and boyl'd with Water, is the most Universal Drink in all the *Turkish*, and several Eastern Countries, where Wine is publickly forbid; it has been the most antient Drink of

Alpinus de Plant. Ægyptiac. p. 26.

Dr. Mundy de
potulentis. p.
351.
Taverniers
Travels, p. 1.

the *Arabians*, and some will have the *jus nigrum Spartanorum*, the black Broth of the *Spartans*, to have been the same with our *Coffee*: the *Persians* at this day do tippie as much *Coffee* off as the *Turks* themselves. *Tavernier* in his Description of *Ispahan* (the Metropolis of *Persia*) is very jocose and merry, when he comes to describe the famous *Coffee-House* of that City; he says, that the wise *Sha Abbas* observing great numbers of *Persians* to resort to that House daily, and to quarrel very much about State-affairs, appointed a *Moullah* to be there every day betimes to entertain the *Tobacco-whiffers*, and *Coffee-quaffers* with a point of Law, History, or Poetry; after which, the *Moullah* rises up, and makes Proclamation that every man must retire, and to his business: upon which they all observe the *Moullah*, who is always liberally entertain'd by the Company. *Olearius* does also speak of the great diversions made in their *Coffee-Houses* of *Persia* by their Poets, and Historians, who are seated in a high Chair, from whence they make Speeches, and tell Satyrical Stories, playing in the mean time with a little stick, and the same gestures, as our Juglers and Legerdemain-men do in *England*.

As for the qualities and nature of *Coffee*, our own Countryman, *Dr. Willis*, has publish'd a very rational Account, whose great Reputation and Authority are of no small force; he says, that in several Headachs, Dizzinesses, Lethargies, and Catarrhs, where there is a gross habit of Body, and a cold heavy Constitution, there *Coffee* may be proper, and successful; and in these cases he sent his Patients to the *Coffee-House* rather than to the Apothecaries Shop: but where the temperament is hot, and lean, and active, there *Coffee* may not be very agreeable; because it may dispose the Body to inquietudes, and leanness. The Dr. makes one unlucky observation of this Drink, which I am afraid will cow our Citizens from

Olearius, Ambassadors Travels of Persia, lib. 6. p. 224.

Dr. Willis
Pharmacent.
Rat. p. 1.

from ever meddling with it hereafter, that it often makes men Paralytick, and does so slacken their strings, as they become unfit for the sports, and exercises of the Bed, and their Wives recreations; to confirm which, I will quote here two Precedents out of the most Learned *Olearius*, who says, that the *Persians* are of an opinion that *Coffee* allays their natural heat, for which reason they drink it, that they may avoid the charge, and inconveniences of many Children: nay, the *Persians* are so far from dissembling the fear they have thereof, that some of them have come to the *Holstein* Physician of that Embassy, for Remedies to prevent the multiplication of Children, but the Doctor being a merry bold German, answered the *Persians*, that he had rather help them to get Children, than to prevent them. This most famous *Olearius* (that made so many curious, and accurate Observations in his Travels) tells us of a *Persian* King, named *Sultan Mahomet Casivin*, who Reigned in *Persia* before *Tamerlane's* time, that was so accustomed to drinking of *Cahwa*, or *Coffee*, that he had an unconceivable aversion to Women, and that the Queen standing one day at her Chamber Window, and perceiving they were about gelding a Horse, ask'd some standers by, why they treated so handsom a Creature in that manner; whereupon answer was made her, that he was too fiery and mettlesome, therefore they resolv'd to deprive him of his generative faculty: the Queen reply'd, that trouble might have been spar'd, since *Cahwa*, or *Coffee*, would have wrought the same effect, the experiment being already try'd upon the King her Husband. This King left a Son, call'd *Mahomet*, after him, as our most grave and faithful Traveller does assure us, who being come to the Crown, commanded that great Poet, *Hakim Fardausi*, to present him with some Verses, for every one of which the *Sophy* promised him a Ducat;

Olearius, Ambassadors Travels through Persia. lib. 6.

Olearius, Ambassadors Travels through Persia. lib. 6. p. 240.

the.

the Poet in a short time made sixty thousand, which at this day are accounted the best that ever were made in *Persia*, and *Hakim Fardausi* esteem'd the Poet *Laureat* of the East; the Treasurers thinking it too great a sum for a Poet, would have put him off with half, whereupon *Fardausi* made other Verses, wherein he reproach'd the King with Avarice, and told him, he could not be of Royal Extraction, but must be rather descended from a Shoemaker, or a Baker: *Mahomet* being nettled, made complaint to the Queen his Mother, who suspecting that the Poet had discovered her Amours, ingeniously confessed to the King her Son, that his Father being Impotent through his excessive drinking of *Cahwa*, or *Coffee*, she fancied a Baker belonging to the Court, and said, if it had not been for the Baker, the young King had never been what he was; so lest the business should take wind, the Poet got his full reward. But let us return a little into our old serious road.

Coffee is said to be very good for those, that have taken too much Drink, Meat, or Fruit, as the Learned *Schroder* will inform you, as also against shortness of Breath, and Rheum, and it is very famous in old obstructions, so that all the *Aegyptian*, and *Arabian* Women, are observ'd to promote their Monthly courses with *Coffee*, and to tipple constantly of it all the time they are flowing, for which we have the undoubted authority of *Prosper Alpinus*, who spent several years amongst them. It is found to ease the running Scorbutick Gout, or Rheumatism, as *Mollenbroccius* has affirm'd.

As for the manner of preparing *Coffee*, it is so easie, and so commonly known, that we need not mention it, only we may observe, that some of the *Asiatick* Nations make their *Coffee* of the Coat, or Husk of the Berry, which they look upon to be much stronger, and more efficacious than the Berry it self, so that they take

a less quantity of it; but the *Europeans* do peel and take off the outward skin of the Berries, which being so prepar'd, are Bak'd, and Burnt, afterwards grinded to Powder; one Ounce of which they mix commonly with a Pint and a half of hot Water, which has been boyl'd half away, then they are digested together, till they are well united.

The *Laplanders* prepare a very good Drink out of *Juniper-Berries*, which some prefer before either *Coffee*, or *Thee*, of which Berries we will Discourse in a Tract at the end of these Sheets.

THE

Schroder's Appendix. p. 24.

Prosper Alpinus de Med. Aegyptior. l. 4. de

Plant. Aegyptiac. ap. 118. ad p. 122.

Mollenbrock. de Arthrit. biza (corbul. p. 414.

T H E
Natural History
O F
T H E E.

S E C T. II.

THIS Herb *Thee* is commonly found in *China*, *Japan*, and some other *Indian* Countries, the *Chineses* call it *Thee*, the *Japonians* *Tchia*, that of *Japan* is esteem'd much the best, one pound of it being commonly sold for 100 pounds, as *Tulpius* informs us from several great men, that have been Ambassadors, and Residents in those parts, so that most of the *Thee*, which is brought into *Europe*, comes from *China*, and that too of the worst kind, which cannot but decay in so long a Voyage, for the Dutch have been observ'd to dry a great quantity of *Sage*, whose Leaves being rowl'd up like *Thee*, were carried into *China* by them under the name of a most rare *Europæan* Herb, for one pound of this dry'd *Sage* the Dutch receiv'd three pounds of *Thee* from the *Chineses*, as *Thevenot* informs us,

Nicol. Tulpii
observat. Med.
lib. 4. c. 60.

Oldenburgs
Philos. Transf.
act. n. 14.

S E C T. II. of T H E E.

us, there is a great Controversie amongst the Herbalists, to what Classis this *Thee* may be reduc'd, *Bontius* compares it to the Leaves of our Wild *Daisy*; for which *Simon Pauli* is very angry with him, and gives very strong Arguments, that *Thee* is the Leaves of a sort of *Myrtle*, for out of the Leaves of *Myrtle*, a Liquor may be made, resembling *Thee* in all qualities, therefore the Jesuite *Trigautius* is of an opinion, that several of our *European* Forests and Woods do abound with a true *Thee*, it being observ'd to grow in great plenty in *Tartary* (which lies under the same Climate with many Countries of *Europe*,) from whence, some Learned men think, it came Originally, for it has not been long known to the *Chineses*, they having no antient name, or Hieroglyphick Characters for *Thee*, and *Cha* being an antient *Tartarian* Word, besides it is known to several Merchants, that a great quantity of *Thee* is brought yearly out of *Tartary* into *Persia*, and we are all acquainted with the several great Conquests, which the *Tartars* have made in *China*, so that the *Chineses* have had several opportunities of learning the use of *Thee* from the *Tartars*, in whose Country it is observ'd to be in great plenty, and of little value; yet the Inhabitants of *China* and *Japan* have a great esteem, and opinion of it, where they are as much employ'd, and concern'd for their Harvest of *Thee*, (which is in Spring) as the *Europeans* are for their Vintage, as several Jesuits inform us in their Observations of *China*: for the Noblemen, and Princes of *China* and *Japan*, drink *Thee* at all hours of the Day, and in their Visits it is their whole Entertainment, the greatest Persons of Quality Boiling, and Preparing the *Thee* themselves, every Palace, and House, being furnisht with convenient Rooms, Furnaces, Vessels, Pots and Spoons for that purpose, which they value at a higher rate than we do Diamonds, Gems, and Pearls, as *Tulpius* assures

Bontius de Medicinâ Indor.
lib. 2. p. 97.

Simon Pauli de Thee, p. 19, 20.

Trigautius de regno Chinæ.
lib. 3.

Simon Pauli de Thee. p. 25.

Olearius, Ambassadors Travels in Persia.
p. 241.

Philos. Transf. act. N. 49.

Nicol Tulpii Observat. Med. lib. 4. c. 60.

assures us from the relations of several great *Dutch-men*, who travell'd *China* in the Quality of Ambassadors, and made great Observations of those rich Stones, and Woods, out of which the aforesaid Materials were made.

As for the Qualities and Vertues of *Thee*, these few following Observations may give satisfaction, that it makes us active and lively, and drives off sleep, every Drinker of it cannot but be sensible. The great Jesuit

Alexander de Rhodes, always Cur'd himself of a Periodical pain of his Head by *Thee*, and having often occasion to sit up whole Nights in *China* to take the Confessions of dying People, he found the great benefit of *Thee* in those great watchings, so that he was always as vigorous, and fresh the next day, as though he had rested all night; nay, he says, that he sat up six nights together

by the assistance of *Thee*. *Kircher* himself took notice of *Thee* for clearing the Head, and opening the Urinary passages; and it was observ'd by those concern'd in the

Dutch Embassy to China, that the *Chineses* did spit very little, and were seldom subject to the Stone, and Gout, which their Physicians imputed to their frequent Drinking of *Thee*: it is a common Proverb in *Japan*, *Ille nē sanus non sit? Bibit de optimā Tsiā*, What, is not he well? He Drinks of the best *Thee*. I know some that Celebrate good *Thee* for preventing Drunkenness, taking it before they go to the Tavern, and use it also very much after a Debauch, *Thee* being found so friendly to their Stomachs, and Heads: several Ambassadors find the advantage of it in preserving them from the accidents and inconveniences of a bad Foreign Air; but that which gives the greatest commendation to *Thee*, is the good Character which our famous Country-man, Mr. *Boyl*, gives of it in his Experimental Philosophy, where he says, that it deserves those great praises which are commonly bestow'd upon it. Yet *Simon Pauli* exclaims against the

Boyles exper.
Philos. p. 94.

Simon Pauli de
Utr. p. 67.

use of *Thee*, as a great dryer, and promoter of old Age, and as a thing unnatural, and foreign to the *European* Complexions. But *Schroder* answers *Pauli* very mildly, supposing him to speak only of the abuse, and extravagant management of *Thee*; for otherwise *Rheubarb*, *China*, *Sassafras*, and *Saunders*, should be banisht from our Shops by the same reason, they being Dryers, and foreign to us *English-men*, therefore we may conclude *Thee* innocent, and beneficial.

Schroderi Ap- pend. ad Phar- macop. p. 28.

The *Chineses* gather the Leaf in the Spring one by one, and immediately put them to warm in an Iron Kettle over the Fire, then laying them on a fine light Mat, rolls them together with their Hands; the Leaves thus roll'd are again hang'd over the Fire, and then roll'd closer together, till they are dry, then put up carefully in Tin Vessels to preserve them from moisture: thus they prepare the best Leaves, that yield the greatest rates, but the common ordinary ones are only dry'd in the Sun, yet in the Shade is doubtless much better, (as the ingenious Author of *Vinetum Britannicum* does well observe) the Sun having a great power to attract the vertue out of any Vegetable after its separation from its nourisher, the Earth. One spoonful of this prepar'd *Thee* is enough for one quart of boyl'd Water.

Vinet. Britan. p. 140.

There are several ways and methods for preparing *Thee*. The *Japonians* powder the Plant upon a Stone, and so put it into hot Water. The *Chineses* boyl the Leaves with Water and a little Sugar. Some *Europeans* make Tinctures, Infusions, Conserves, and Extracts of *Thee*. The *Tartars* are observ'd to boyl their *Thee* in Milk with a little Salt, which way they think is the very best.

Nicol. Tulpii observat. Med. lib. 4. c. 60.

Thevenots Hist. legat. Belgic. ad sinensium regem.

The Inhabitants of *Carolina* prepare a Liquor out of the Leaves of an *American Tree*, which is very like *Thee*, and equal to it in every respect, Dr. *Mundy* observes that

Dr. Mundy de potentis. p. 353.

the Inhabitants of *Florida* have an old custom, before they go into the Field to War, of Drinking a Liquor in a great publick Assembly, which he that Vomits up, is judg'd unfit for that Warlike Expedition, and is condemn'd to stay at home in disgrace; but when he has learnt to carry off the Liquor, then he is admitted to be a lawful Soldier: Now *Thee* it self when given in a large dose, and in a strong Decoction, does often prove Vomitive, as I my self have observ'd several times.

Some make Decoctions of the Roots of *Avens*, *Galinga*, *Coriander*, and *Aniseeds*, *Sarsa*, *China*, *Saunders*, of the Leaves of *Sage*, *Betony*, *Rorifmary*, &c, which they do extol above *Thee* or *Coffee*.

THE

THE
Natural History
OF
CHOCOLATE.

SECT. III.

HAVING given a short Natural History of two things, which are so universally us'd in the Eastern part of the World, we now come to treat briefly of two more, which are generally us'd in the Western: First of *Chocolate*, of which the *Cacao*, or *Cacaw-nut*, being the principal Ingredient, a short Account of it cannot be improper, this *Nut*, or rather the Seed, or Kernel of the *Nut*, as Mr. *Hughes* observes, is of the bigness of a great *Almond*; in some of these Fruits there are a dozen, in some 20, in others 30, or more of these Kernels, or *Caco's*, which are well describ'd by the Ingenious and Learned Dr. *Grew*, when these Kernels are cured they become blackish, and are compar'd to a Bullocks Kidney, cut into Partitions; there is great variety in them, by reason of the difference of Soyls and Climates where they grow: the Tree is said to be as large as our *English Plumb-trees*. the Leaves sharp-pointed, compar'd by some Travellers to the Leaves of

Hughes American Physician, p. 115.

Dr. Grew *Misc. Reg. Soc. Angl.* p. 204.

Piso in Histor.
Nat. Indie
arabique.

Hughes Ameri-
can Physician.
an, p. 112.

Jos. Acosta In-
dor. Histor.
lib. 4. c. 22.

Gages Survey
of the West In-
dies. Chap. of
Chocolate.

of *Chestnut*; by the Curious *Piso* to the Leaves of an *Orange*, the Flower of a *Saffron* colour, upon the appearance of which, the Fruit appears upon the Branches as Apples: This Tree grows in several parts of *America*, as in *Nicaragua*, *New Spain*, *Mexico*, *Cuba*, and in *Jamaica*, especially at Colonel *Barrington's* Quarters, or Plantations; they prosper best in low, moist, and fat ground, and are as squarely, and orderly set, as the *Cherry Trees* in *Kent*, or *Worcestershire*: they commonly bear within 7 years, and then twice every year, the first Crop between *January* and *February*, the other between *May* and *June*. The Inhabitants have so great a value for them, as that they secure them with the shades of *Plantane* and *Bonona Trees*, against the injuries of their fiery Sun, and do use the Kernels instead of Money, both in their Traffick, and Rewards; as the great Jesuit, *Josephus Acosta*, observ'd, when he was sent into *America*: The *Indians* look upon their *Chocolate* as the greatest delicacy for extraordinary Entertainments. *Montezuma* is said to have Treated *Cortez* and his Soldiers with it; and you can scarce read an *American Traveller*, but he will often tell you of the magnificent Collations of *Chocolate*, that the *Indians* offer'd him in his Passage and Journeys through their Country: as Mr. *Gage* (who Travell'd many years in *America*) informs us, the *Spaniards* do constantly drink *Chocolate* in their Churches, at *Mexico* and *Chiapa*, of which they being once forbid, did Mutiny, and commit great Outrages, till their Custom was restor'd them. The *Indians*, and *Christians*, in the *American Plantations*, have been observ'd to live several Months upon *Cacao Nuts* alone, made into a Paste with Sugar, and so dissolv'd in Water; I my self have eaten great quantities of these Kernels raw, without the least inconvenienc: and have heard, that Mr. *Boyle*, and Dr. *Stubbs*, have let down into their Stomachs some pounds

pounds of them raw without any molestation; the Stomach seems rather to be fatiated, than cloy'd with them, which is an Argument they are soon dissolv'd, and digested. The *Spaniards* do not scruple to eat them upon their great Fast days.

The *Indians* at first made their *Chocolate* of the Nut alone without any addition, unless sometimes *Pepper*, and *Maiz*, or *Indian Wheat*, and in *Jamaica* at this day, as Mr. *Hughes* observes, there is a sort of *Chocolate*, made up only of the Paste of the *Cacao* it self, and this he esteems to be one of the best sorts of *Chocolate*. Dr. *Stubbs*, who was a great Master of the *Chocolate Art*, did not approve of many Ingredients, besides the *Cacao Nut*; that *Chocolate* which the Doctor prepared for His Majesty, had double the quantity of the *Cacao Kernel* to the other Ingredients: In the common sort the *Cacao Nuts* may take up half the Composition, according to *Piso*, in the worst a third part only. As to the other Ingredients for making up *Chocolate*, they may be varied according to the constitutions of those that are to drink it; in cold constitutions *Jamaica Pepper*, *Cinnamon*, *Nutmegs*, *Cloves*, &c. may be mixt with the *Cacao Nut*: some add *Musk*, *Ambergrease*, *Citron*, *Lemmon-Peels*, and Odoriferous Aromatick Oyls: In hot Consumptive tempers you may mix *Almonds*, *Pistachos*, &c. sometimes *China*, *Sarsa*, and *Saunders*; and sometimes *Steel* and *Rheubarb* may be added for young green Ladies. Mr. *Hughes* gives us very good advice, in telling us, that we may buy the best *Chocolate* of Seamen and Merchants, who bring it over ready made from the *West Indies*; his reason is none of the worst, which is this, let the *Cacao Kernels* be never so well cur'd in the *West Indies*, and stowed never so carefully in the Ship, yet by their long transportation, and by the various Airs of Climates they are often spoil'd, their natural Oyliness tending

Hughes Ameri-
can Physician.
p. 111.
Dr. Stubbs In-
dian Nectar.

Piso Nat. Hi-
stor. Indor.

Hughes Ameri-
can Physician.
an. p. 111.

tending much to putrefaction: from whence I have heard several complain in *England*, that their *Chocolate* made up here does often prove musky, and will settle much to the bottom of the Dish, which is a certain sign, says the Learned Dr. *Stubbs*, that the *Nuts* are either faulty, or not well beaten, and made up. The best *Cacao Nuts* are said to come from *Carraca* or *Nicaragua*, out of which Dr. *Stubbs* prepar'd *Cholocate* for the King; yet the Doctor commends the *Cacao Nuts* of *Jamaica*, which were first Planted there by the *Spaniards*. That you may know how to Prepare your *Chocolate*, I will give you a short direction, if you intend to make it up your self; consult your own constitution and circumstances, and vary the Ingredients according to the Premises, for I cannot give a Receipt to make up the mass of *Chocolate*, which will be agreeable, and proper to all Complexions; yet in the Composition of it, you must remember to appoint the *Cacaw Kernel* for the fundamental and principal Ingredient: as for the managing the *Cacao Nut*, Dr. *Stubbs*, and Mr. *Hughes*, have publisht most excellent instructions, how you must peel, dry, beat and scarce it very carefully, before you beat it up into a mass with other simples: as for the great quantity of Sugar which is commonly put in, it may destroy the Native and Genuine temper of the *Chocolate*, Sugar being such a corrosive salt, and such a Hypocritical Enemy to the Body. *Simon Pauli* (a Learned Dane) thinks Sugar to be one cause of our *English* Consumptions; and Dr. *Willis* blames it as one cause of our Universal Scurvy's: therefore when *Chocolate* produces any ill effects, they may be often imputed to the great superfluity of its Sugar, which often fills up half its Composition. For preparing the Drink of *Chocolate*, you may observe the following measures. Take of the mass of *Chocolate*, cut into small pieces, one ounce, of Milk and Water well boyld

Dr. Stubbs Indian Nectar.

Dr. Stubbs Indian Nectar. and Mr. Hughes American Physician.

Simon Pauli quadrupart Bo-
tani.
Dr. Willis de Scorbuto.

boyld together, of each half a pint, one yolk of an Egg well beaten, mix them together, let them boyl but gently, till all is dissolved, stirring them often together with your Mollinet, or *Chocollet Mill*; afterwards pour it into your Dishes, and into every Dish put one spoonful of Sack.

As for the vertues and effects of the *Cacao Nut*, or *Chocolate*, all the *American Travellers* have written such Panegyricks, and so many Experimental Observations, that I should but degrade this Royal Liquor, if I should offer at any; yet I think two or three Remarks upon it cannot be unsuitable to this little History: several of these curious Travellers, and Physicians, do agree in this, that the *Cacao Nut* has a wonderful faculty of quenching thirst, allaying Hectick heats, of nourishing and fatning the Body. Mr. *Gage* acquaints us, that he drank *Chocolate* in the *Indies* two or three times every day for twelve years together, and he scarce knew what any Disease was in all that time, he growing very fat: some object it is too oily and gross, but then the bitterness of the *Nut* makes amends, carrying the other off by strengthening of the Bowels. Mr. *Hughes* informs us, that he liv'd at Sea for some Months of nothing but *Chocolate*, yet neither his strength, nor flesh were diminished: he says our *English* Seamen are very greedy of it when they come into any *Indian Port*, and soon get plump countenances by the use of it. Mr. *Hughes* himself grew very fat in *Jamaica* by the vertue of the *Cacao Nut*; so he judges it most proper for Lean, Weak, and Consumptive Complexions: it may be proper for some breeding Women, and those persons that are Hypochondriacal, and Melancholly. The industrious Dr. *Mundy* gives a notable example of the effect of *Chocolate*, he says, that he knew a Man in a desperate Consumption, who took a great fancy for *Chocolate*, and his Wife out of complaisance drank it often with him: the consequence was

Joh. de Latt. Hist. Indor. Piso n. Hist. Indor. Herbar. Mexican. Benzonus Hist. Indor. Occident. &c.

Gages Survey of the West Indies. Chap. of Chocolate.

Hughes American Physician. an, p. 147.

Dr. Mundy de potentis. p. 350.

this, the Husband recover'd his health, and his Wife brought afterwards to Bed of three Sons at one Birth.

The great use of *Chocolate* in Vencry, and for supplying the Testicles with a Balsam, or a Sap, is so ingeniously made out by one of our Learned Countrymen already, that I dare not presume to add any thing after so accomplisht a Pen; though I am of an opinion, that I might treat of the Subject without any immodesty, or offence. *Gerson* the Grave Roman Casuist, has writ *de Pollutione Nocturna*, and some have defended Fornication in the Popish Nunneries; Hysterical fits, Hypochondriacal Melancholy, Love Passions, Consumptive Pinings away, and Spermatical Feavers, being instances of the necessity hereof, natural instinct pointing out the Cure: We cannot but admire the great prudence of *Moses*, who severely Prohibited, that there should be no Whore amongst the Daughters of *Israel*, yet that most wise Legislator took great care for their timely Marriage: upon these very accounts the Casuists defend the Protestant Clergy in their Marriages. And *Adam* is commanded in Paradise to Encrease and Multiply, therefore I hope this little excursion is pardonable, being so adequate to this Treatise of *Chocolate*; which if *Rachel* had known, she would not have purchas'd *Mandrakes* for *Jacob*. If the Amorous and Martial *Turk* should ever taste it, he would despise his Opium. If the *Grecians* and *Arabians* had ever try'd it, they would have thrown away their *Wake-Robins*, and their *Cuckow-Pintles*; and I do not doubt, but you *London* Gentlemen, do value it above all your *Cullises* and *Jellies*, your *Anchoves*, *Banonia Sawfages*, your *Cock*, or *Lamb-Stones*, your *Soys*, your *Ketchups* and *Caveares*, your *Camtharides*, and your *Whites* of *Eggs*, are not to be compared to our rude *Indian*; therefore you must be very courteous and favourable to this little Pamphlet, who tells you most faithful Observations.

The

The industrious Author of the *Vinetum Britannicum* *Vinet. Britan.* makes a Quære, whether the Kernel of the *Wallnut* may *P. 139.* not supply the defect of the *Cacao*, if well Ground. *Dr. Grew* thinks, that for those that drink *Chocolate* at *Dr. Grew's* *Coffee-Houses* without any Medicinal respect, there is no *Mus. Reg. Soc.* doubt, but that of *Almonds* finely beaten, and mixed *P. 205.* with a due proportion of Spices, and Sugar, may be made as pleasant a Drink as the best *Chocolate*.

C 2

THE

THE Natural History OF TOBACCO.

SECT. IV.

Dodonæus
Herbal. Simon
Pauli quadri-
part. Botan. &
lib. de Tabaco.

Hernandez
Hist. Ameri-
can.
Purchas Voy-
ages into Ame-
rica.

TOBACCO is reckon'd by the best Herbalists to be a Species, or sort of *Henbane*, proper to the *American* Regions, as *Dodonæus* and *Simon Pauli*; yet some *Botanists* will have it a Native of *Europe*, and reduce it to several of our Classes: but I will not trouble you with this Controversie, only we may take notice, that *Thevet* did first bring the seed of *Tobacco* into *France*, though *Nicot* the *French* Ambassador in *Portugal* (from whom it is call'd *Nicotiana*) was the first that sent the Plant it self into his own Country. *Hernandes de Toledo* (who Travell'd *America* by the Command of *Philip II.*) having supply'd *Spain* and *Portugal* with it before. Sir *Francis Drake* got the Seed in *Virginia*, and was the first that brought it into *England*; yet some give Sir *Walter Rawleigh* the honour of it, since which time it has thriven very well in

SECT. IV. of TOBACCO.

in our *English* Soil: a great quantity of it grows yearly in several Gardens about *Westminster*, and in other parts of *Middlesex*. It is planted in great plenty in *Gloucester*, *Devonshire*, and some other Western Countries; his Majesty sending every year a Troop of Horse to destroy it, lest the Trade of our *American* Plantations should be incommoded thereby: yet many of the *London* Apothecaries make use of *English Tobacco* in their Shops, notwithstanding the vulgar Opinion that this Herb is a Native of *America*, and foreign to *Europe*: yet *Livanius* assures us, that it grows naturally in the famous *Hercynian* Forrest of *Germany*. If this was true, we would no longer call it *Tobacco* from the Island of *Tobago*. The names of it are so various, as they would glut the most hungry Reader. The *Americans* style it *Picielt*; in *Nova Francia*, *Petum*; in *Hispaniola*, *Cozobba*; in *Virginia*, *Uppuvoc*; at *Rome*, *Herba Sancta Crucis*; in some parts of *Italy*, *Herba Medicea*; in *France*, *Herba Regine*, as you may read in *Magnenus* and *Neander*: but let it be of what name or kind it will, I am confident, that it is of the poysonous sort, for it Intoxicates, Inflames, Vomits, and Purges; which Operations are common to poysonous Plants, as to *Poppeys*, *Nightshades*, *Hemlocks*, *Monks-hood*, *Spurges*, and *Hellebores*, that will produce the like effects: besides, every one knows that the Oyl of *Tobacco* is one of the greatest Poysons in nature, a few drops of it falling upon the tongue of a Cat, will immediately throw her into Convulsions, under which she will die. This *Dr. Willis* assures us to be true; the experiment succeeded, when it was try'd before the Royal Society, as the Learned *Dr. Grew* has affirmed: besides, I can speak it upon my own certain knowledg, having kill'd several Animals with a few drops of this Oyl. Yet that most sagacious *Italian*, *Francisco Redi*, observes very well, that the Oyl of *Tobacco* kills not all Animals, neither does

*Magnenus de
Tibaco. Neander
Tabacalog.*

*Dr. Willis
Pharm. Rat.*

*Dr. Grew's
Mas. Reg. Soc.
p. 152.*

*Philos. Trans-
act. Olden-
burgh N. 92.*

does it dispatch those, it kills, in the same space of time; there is a great difference between the *Tobacco* of *Brazil*, and that of *St. Christophers*, as to this effect: *Varino* and *Brazil Tobacco* being almost of the same quality and operation, whereas that of *St. Christophers*, *Terra Nova*, *Nieve*, *St. Martin*, have very different effects.

If we run over those Countries where *Tobacco* is made use of, we may observe the various manners of using it; some *Americans* will mix it with a Powder of Shells, to chew it, salivating all the time, which they fancy does refresh them in their Journeys and Labours: others in *New Spain* will dawb the ends of Reeds with the Gum, or Juice of *Tobacco*, and setting them on fire, will suck the smoak to the other end. The *Virginians* were observ'd to have Pipes of Clay before ever the *English* came there, and from those *Barbarians* we *Europeans* have borrow'd our mode and fashion of smoaking. The *Moors* and *Turks* have no great kindness for *Tobacco*; yet when they do smoak, their Pipes are very long, made of Reeds, or Wood, with an earthen head. The *Irishmen* do most commonly powder their *Tobacco*, and snuff it up their Nostrils, which some of our *Englishmen* do, who often chew, and swallow it; I know some Persons that do eat every day some ounces of *Tobacco* without any sensible alteration: from whence we may learn, that use and custom will tame, and naturalize the most fierce and rugged Poyson, so that it will become civil and friendly to the body. We read of a *French Ambassador*, that being in *England*, was so indispos'd, that he could never sleep; upon which he would often devour whole Ounces of *Opium* without being concern'd: and the *Turks* are often observ'd to swallow great Lumps of it, a tenth part of which would kill those that were not accus- tomed to *Opiates*. I know a Woman in this City, that being us'd to take both the *Hellebores*, will often swallow whole

*Purchas Voya-
ges to America.*

*Ephem. German.
An. 2.*

whole Scruples of them without the least motion, or operation, so that custom and conversation will make the fiercest creature familiar.

As for the Culture, Harvest, Preparation, and Traffick of *Tobacco*, I will recommend you to *Neander*, where, if you are curious, you may meet with satisfac- tion. I cannot omit one Story out of *Monardus*, who tells us, that the *Indian Priests* being always consulted about the events of War, do burn the Leaves of *Tobacco*, and sucking into their mouths the smoak by a Reed, or Pipe, do presently fall into a Trance, or Extasie, and as soon as ever they come out of it, they discover to the *Indians* all the secret Negotiation, which they have had with the great *Dæmon*, always delivering some ambiguous answer.

As for the qualities, nature, and uses of *Tobacco*, they may be very considerable in several cases and circumstances; though King *James* himself has both Writ, and Disputed very smartly against it at *Oxford*, and *Simon Pauli* has Publish'd a very Learned Book against it. Some Anatomists tell us most terrible Stories of footy Brains, and black Lungs, which have been seen in the Dissections of Dead Bodies, which when Living had been accustomed to *Tobacco*. We read that *Amurath* the Fourth did forbid the use of it over all the *Turkish* Dominions, under the most severe Penalties; the *Turks* having an opinion amongst them, that *Tobacco* will make them Effeminate, and Barren, unfit for War, and Procreation; though some think there is a Politick design in it, to obstruct the sale of it in the Eastern Countries, and to prevent the *Christians* from establishing any considerable Traffick from so mean a Commodity, which perhaps may be one reason, why the Great Duke of *Muscovy* has threatned to punish those

*Neander Ta-
bacalog.*

*Monardus
lib. x. Exoti-
cor. Clusii.*

*Simon Pauli de
abusu Tabaci.
Diemerbroeck.
Ann.
Hoffman. Pan-
zini.*

*Olearius, Am-
bassadors Tra-
vels through
Muscovy.*

those Merchants, who offer to sell any *Tobacco* in his Countries. *Scach Abas* (the Great *Sophy* of *Persia*) Leading an Army against the *Cham* of *Tartary*, made Proclamation, that if any *Tobacco* was found in the Custody of any Soldier, he should be burnt alive, together with his *Tobacco*. Yet for all this it may be very beneficial to Mankind, as you will conclude from what does follow.

Dr. Willis
Pharm. Rat.

Boyl's experi-
ment Philoso-
phy.

Hartman prax.
Chym
Dr. Grew Mus.
Reg. Soc. p. 252.

Dr. Willis recommends *Tobacco* to Soldiers, because it may supply the want of Victuals, and make them insensible of the dangers, fatigues, and hardships, which do usually attend Wars and Armies; besides, it is found to Cure Mangy, and Ulcerous Diseases, which are frequent in Camps. I know a curious Lady in the North, that does very great feats in Sores and Ulcers by a Preparation of *Tabacco*. Our Learned and most Experienc'd Countryman, Mr. Boyle, does highly commend *Tobacco* Clysters in the most violent Colick pains, which are often Epidemical in Cities, and Camps. The Renowned *Hartman* extols the Water of *Tobacco* against Agues: And the curious Dr. Grew found the success of the Oyl of it in the Tooth-ach, a Lint being dip'd in it, and put into the Tooth. The effects of *Tobacco* has been very good in some violent pains of the Head; as some thousands have experimented: As for the daily smoaking of it, the state and circumstances of your Body must be the best guide, and rule; if your complexion be lean, hot, and dry, it is an argument against it, but if cold, moist, and humoral, subject to Catarrhs, Rheums, and Pains, then there may be a temptation to venture upon it, so every man must consult his own temper, and the experience of others.

A modern French Author has writ a peculiar Tract of *Tobacco*, wherein he commends it in Convulsions, in pains, and for bringing on sleep; he extols the Oyl of it in Curing Deafness, being injected into the Ear in a convenient vehicle, also against Gouty and Scorbutical pains of the Joints, being appli'd in a liniment. *ALixivium* of *Tobacco* often prevents the falling off of the hair, and is famous in Curing the Farcy, or Leprosie of Cattel.

D

THE

The USE of

JUNIPER

AND

ELDER-BERRIES.

IN OUR

Publick-Houses.

THESE two *Berries* are so Celebrated in many Countries, and so highly recommended to the World by several famous Writers, and Practitioners, that they need not desire any Varnish, or Argument from me. The simple Decoctions of them sweetned with a little fine Sugar-Candy will afford Liquors so pleasant to the Eye, so grateful to the Palate, and so beneficial to the Body, that I cannot but wonder after all these Charms, they have not as yet been Courted, and Usher'd into our Publick Houses; if they should once appear on the Stage, I am confident, that both the *Whig* and the *Tory*, would agree about them far better than have done about the *Medal* and *Mushroom*: nay, the very Cynick and Stoick himself, would fall in Love with the

the Beauty, and extraordinary Vertues of these *Berries*, which are so common, and cheap, that they may be purchas'd for little or nothing; one Ounce of the *Berry* well cleansed, bruis'd, and mash'd, will be enough for almost a Pint of Water; when they are boyl'd together, the Vessel must be carefully stopt: after the boyling is over, one spoonful of Sugar Candy may be put in.

The *Juniper-tree* grows wild upon many Hills in *Surrey*, and *Oxfordshire*, and upon *Juniper-Hill* near *Hildersham* in *Cambridgshire*; besides, in several other parts of *England*: The *Berries* are most commonly gather'd about *August*. The *Astrological Botanists* advise us to pull them, when the Sun is in *Virgo*.

The *Juniper-Berry* is of so great reputation in the *Northern Nations*, that they use it, as we do *Coffee* and *Thee*, especially the *Laplanders*, who do almost adore it. *Simon Pauli* (a Learned Dane) assures us, that these *Berries* have perform'd wonders in the Stone, which he did not learn from Books, or common Fame, but from his own observation and experience; for he produces two very notable examples, that being tormented with the Stone, did find incredible success in the use of these *Berries*: and if my memory does not fail me, I have heard our most ingenious, and famous *Dr. Troutbeck*, commend a Medicine prepar'd of them in this Distemper. Besides *Schroder* knew a Nobleman of *Germany*, that freed himself from the intolerable symptoms of the Stone by the constant use of these *Berries*: Ask any Physician about them, and he will bestow upon them a much finer Character than my rude Pencil can draw. The Learned Mr. *Evelyn* will tell you what great kindnesses he has done to his Poor sick Neighbours, with a Preparation of *Juniper-Berries*, who is pleas'd to honour them with the Title of the *Forrester's Panacea*; he extols them in the *Wind Colick*, and many other

Of the *Juniper-Berry*.
Dr. Merrett's
Pinax.
Ray's Catalog.
Plantar.

History of *Lapland*.

Simon Pauli
quadrupartit.
Botan. p. 536.

Schroder.
Pharmacop.

Evelyn of *Forrest Trees*,
p. 136.

Joh. Bauhin.
Hiflor. Plantar.
Schroder.
Pharmacop.

Distempers. Do but consult *Bauhinus*, and *Schroder*, the first being the most exact Herbal, the other the most faithful and elaborate Dispensatory, that ever has been publish'd; and you will find great commendations of these *Berries* in Dropsies, Gravel, Coughs, Consumptions, Gout, Stoppage of the monthly Courses, in Epilepsies, Palsies, Lethargies, in which there are often an ill appetite, bad digestions, and obstructions.

Take one spoonful of the Spirit of *Juniper-Berries*, four grains of the Salt of *Juniper*, three drops of the Oyl of *Juniper-Berries* well rectified; mix them all together, drink them Morning and Night in a Glass of White-wine, and you will have no contemptible Medicine in all the aforementioned Diseases.

Now it is probable, that you have both the Spirit, Salt, and Oyl of this *Berry* in a simple Decoction of it, provided it be carefully and skilfully manag'd. If this will not satisfy, do but read *Benjamin Scarffius*, and *Joh. Michael*, who have Publish't in Germany two several Books of the *Juniper*, and you may meet with far more persuasive arguments, than I can pretend to offer you.

Scarffius de
Junipero.
Joh. Michael
Juniperet.

Of Elder-Ber-
ries.

The *Elder Tree* grows almost every where, but it most delights in Hedges, Orchards, and other shady places, or on the moist Banks of Rivulets and Ditches, unto which 'tis thrust by the Gardeners, lest by its Luxury, and importunate increase yearly it should possess all their ground. We write here of the Domestick, common *Elder*, not of the Mountain, the Water, or Dwarf *Elder*, ours in figure is like the *Ash*; the Leaves resemble those of a *Walnut Tree*, but less; in the top of the Branches, and Twigs, there spring sweet and crisped umbels, swelling with white odoriferous Flowers (in *June* before St. *Johns Eve*) which by their fall give place to a many branched *Grape*, first green, then ruddy, last of a black, dark, Purple Colour, succulent and tumid with its winish.

Dr. Blochwitz
Anatom. Sam-
buci.

winish Liquor: of all the wild Plants 'tis first covered with Leaves, and last unclothed of them. It flourishes in *May, June, July*, but the *Berries* are not ripe till *August*.

Joh. Bauhin.
Hiflor. Plantar.

As for the qualities, and vertues of *Elder-Berries*, I need say no more, but that Mr. *Ray* has given a great encomium of them; our Learned Dr. *Needham* commending them in Dropsies, and some Feavers: and I have been inform'd, that the ingenious Dr. *Croon* has extoll'd a Spirit of *Elder-Berries* in an Epidemical intermittent Fever. *Schroder* says, they do peculiarly re-

Ray Catalog.
Plantar.

spect some Diseases, attributed to the Womb. Mr. *Evelyn* is so bountiful to his poor *Forrester*, as to assure him, that if he could but learn the Medicinal Properties of the *Elder Tree*, he might fetch a Remedy from every Hedge, either for Sickness, or Wound: the same curious Gentleman takes notice, how prevalent these *Berries* are in scorbutick Distempers, and for the prolongation of Life (so famous is the Story of *Næander*.) I have heard some praise them in Bloody Fluxes, and other Diseases of the Bowels; also in several Distempers of the Head, as the Falling Sickness, Megrims, Palsies, Lethargies: they are said likewise to promote the monthly Inundations of Women, and to destroy the heat of an Erysipelas, for which the Flowers themselves are highly Celebrated by *Simon Pauli*, who experimented them upon himself with wonderful success. I could produce several cases out of the best Physical Writers, as *Forestus*, *Riverius*, *Rulandus*, &c. where these *Berries* have acted their parts, even to admiration; but if you are curious, and inquisitive after the qualities and nature of them, I will recommend a Learned German, *Martyn Blochwitz*, to your reading, where you may entertain your self with great variety: Yet I have one thing still to give notice of, that the same Medicine may be prepar'd out of the Spirit, Oyl, and Salt of this *Berry*, as you have been taught

Schroder.
Pharmacop.
Evelyn of For-
rest-Trees,
p. 99.

Simon Pauli:
quadripartit.
Botanic. p. 139,
140.

Dr. Blochwitz:
Anatom. of the
Elder.

taught before to make out of the *Juniper-Berry*, but you may obtain them all in a simple Decoction, if it be well manag'd.

You have read here the great use of these two *Berries*, that are more universally agreeable to all tempers, palates and cases, than perhaps any other two simple Medicines, which are commonly known amongst us; so that several Persons being under ill habits of Body, and upon the Frontiers of some lingering Diseases, cannot but desire to drink them, when they have occasion to resort to Publick-Houses: yet for all this, my poor advice will certainly meet with that Fate, which does attend almost every thing in the World, that is, *Laudatur ab his, culpatur ab illis*; but it dreads most of all the *Turkey*, and *East-India* Merchant, who will condemn it in defence of their *Coffee*, and *Thee*, which have the honour of coming from the *Levant*, and *China*. Besides, I am afraid of a lash, or a frown from some young Ladies, and little Sparks, who scorn to eat, drink, or wear any thing, that comes not from *France*, or the *Indies*; they fancy poor *England* is not capable of bringing forth any commodity, that can be agreeable to their Grandeur, and Gallantry, as though Nature, and God Almighty, had curs'd this Island with the Production of such things, as are every way unsuitable to the Complexions, and Necessities of the Inhabitants: so we cannot but Repartee upon these *A la mode* Persons, that while they Worship so much only Foreign Creatures, they cannot but be wholly ignorant of those at home. His Excellency, the most Acute and Ingenious Ambassador from the Emperor of *Fez*, and *Morocco*, (who now resides amongst us) is reported to have advis'd his Attendants to see every thing, but admire nothing, lest they should seem thereby to disparage their own Country, and shew themselves ignorant of the great Rarities and Wonders of *Barbary*.
Poor

Poor contemptible *Berries*, fly hence to *Smyrna*, *Bantam*, or *Mexico*, then the Merchants would work through Storms and Tempests, through Fire and Water to purchase you, and at your Arrival here would proclaim your Vertues in all publick Assemblies; so true is that common saying, A Prophet is never valued in his own Country: The *English* Soyl is certainly influenced by some Pestilential Star, that blasts the credit of its Productions.

THE

The WAY of Making

M U M,

WITH SOME

REMARKS

UPON THAT

LIQUOR.

IN the first place, I will give some instructions how to make *Mum*, as it is Recorded in the House of *Brunswick*, and was sent from thence to General *Monk*.

To make a Vessel of 63 Gallons, the Water must be first boyl'd to the Consumption of a third part, let it then be Brew'd according to Art with 7 Bushels of Wheat-Malt, one Bushel of Oat-Malt, and one Bushel of Ground Beans, and when it is Tun'd, let not the Hoghead be too much fill'd at first; when it begins to work, put to it of the inner Rind of the *Firr* three pounds, of the tops of *Firr*, and *Birch*, of each one pound, of *Cardus Benedictus* dried, three handfuls, Flowers of *Rosa Solis*, two handfuls,

handfuls, of *Burnet*, *Betony*, *Marjoram*, *Avens*, *Penny-royal*, Flowers of *Elder*, *Wild Thyme*, of each one handful and a half, Seeds of *Cardamam* bruised, three ounces, *Bayberries* bruised, one ounce, put the Seeds into the Vessel; when the Liquor hath wrought a while with the Herbs, and after they are added, let the Liquor work over the Vessel as little as may be, fill it up at last, and when it is stopped, put into the Hoghead ten new laid Eggs, the Shells not cracked, or broken: stop all close, and drink it at two years old, if carried by Water it is better. Dr. *Ægidius Hoffman* added *Water Cresses*, *Brooklime*, and *Wild Parsley*, of each six handfuls, with six handfuls of *Horse Rhadish* rasped in every Hoghead: it was observ'd that the *Horse Rhadish* made the *Mum* drink more quick than that which had none.

By the composition of *Mum* we may guess at the qualities, and properties of it, you find great quantities of the Rind, and tops of *Firr* in it; therefore if the *Mum*-makers at *London* are so careful, and honest, as to prepare this Liquor after the *Brunswick* fashion, which is the genuine and original way; it cannot but be very powerful against the breeding of Stones, and against all Scorbatick Distempers. When the *Suedes* carried on a War against the *Muscovites*, the Scurvy did so domineer amongst them, that their Army did languish, and moulder away to nothing, till once encamping near a great number of *Firr Trees*, they began to boyl the tops of them in their Drink, which recover'd the Army even to a miracle; from whence the *Suedes* call the *Firr* the Scorbatick Tree at this very day. Our most renowned Dr. *Walter Needham* has observ'd the great success of these tops of *Firr* in the Scurvy, as Mr. *Ray* informs us; which is no great wonder, if we consider the Balsam, or *Turpentine*, (with which this Tree abounds) which proves so effectual in preserving even dead Bodies them-

Mollenbroec. de Arthritide vag. Scorb. p. 116.

Ray catalog. Plantar.

selves from putrefaction, and corruption; if my memory does not deceive me, I have heard Mr. Boyle, (the ornament, and glory of our *English* Nation) affirm, that the Oyl of *Turpentine* preserves Bodies from Putrefaction much better than the Spirit of Wine. The *Firr* being a principal ingredient of this Liquor, is so Celebrated by some modern Writers, that it alone may be sufficient to advance the *Mum* trade amongst us. *Simon Pauli* (a Learned Dane) tells us the great exploits of the tops of this Tree in freeing a great man of *Germany* from an inveterate Scurvy; every Physician will inform you, how proper they are against the breeding of Gravel, and Stones: but then we must be so exact, as to pull these tops in their proper Season, when they abound most with *Turpentine*, and *Balsamick* parts, and then they may make the *Mum* a proper Liquor in *Gonorrhæa's*; besides the Eggs may improve its faculty that way: yet I will not conceal what I think the Learned *Dr. Merret* affirms in his Observations upon Wines, that those Liquors, into which the Shavings of *Firr* are put, may be apt to create pains in the Head; but still it is to be confess'd, that the *Firr* cannot but contribute much to the vigor and preservation of the Drink.

By the variety of its *Malt*, and by the ground *Beans*, we may conclude, that *Mum* is a very hearty and strengthening Liquor; some Drink it much, because it has no *Hops*, which they fancy do spoil our *English* Ales, and Beers, ushering in Infections; nay, Plagues amongst us. *Thomas Bartholine* exclaims so fiercely against *Hops*, that he advises us to mix any thing with our Drink rather than them: he recommends *Sage*, *Tamarisk*, tops of *Pine*, or *Firr*, instead of *Hops*, the daily use of which in our *English* Liquors is said to have been one cause, why the Stone is grown such a common Disease amongst us *Englishmen*: yet Captain *Graunt* in

Simon Pauli
quadripart. Bo-
can. p. 540.

Dr. Merret's ob-
servations up-
on Wines.

Bartholine de
Medicina Pa-
norum differ-
at. 7.

Graunt's ob-
servations on
the Bills of
Mortality.

his

his curious Observations upon the Bills of Mortality, observes, that fewer are afflicted with the Stone in this present Age, than there were in the Age before, though far more *Hops* have been us'd in this City of late than ever.

As for Eggs in the Composition of *Mum* they may contribute much to prevent its growing sour, their shells sweetning Vinegar, and destroying Acids, for which reason they may be proper in restoring some decay'd Liquors, if put whole into the Vessel. *Dr. Stubbs* in some curious Observations made in his Voyage to *Ja-*
maica, assures us, that Eggs put whole into the Vessel will preserve many Drinks even to admiration in long Voyages: the Shells, and Whites will be devour'd and lost, but the Yolks left untouched.

Dr. Willis prescribes *Mum* in several Chronical Distempers, as Scurvies, Dropsies, and some sort of Consumptions. The *Germans*, especially the Inhabitants of *Saxony*, have so great a Veneration for this Liquor, that they fancy their Bodies can never decay, or pine away, as long as they are Lin'd, and Embalm'd with so powerful a preserver; and indeed, if we consider the frame, and complexions of the *Germans* in general, they may appear to be living Mummies. But to conclude all in a few words, if this Drink call'd *Mum*, be exactly made according to the foregoing instructions, it must needs be a most excellent alterative Medicine, the ingredients of it being very rare and choice simples, there being scarce any one Disease in Nature, against which some of them are not prevalent, as *Betony*, *Marjoram*, *Thyme*. In Diseases of the Head; *Birch*, *Burnet*, *Water-Cresses*, *Brooklime*, *Horse-Radish* in the most inveterate Scurvies, Gravels, Coughs, Consumptions, and all obstructions. *Avens*, and *Cardamom* Seeds for cold weak Stomachs. *Carduus Benedictus*, and *Elder* Flowers in inter-

Oldenburg's
Philos. Trans-
act. N. 27.

Dr. Willis de
Scorbuto. Phar-
maceut. Ratio-
nal. p. 2.

mittent Feavers. *Bayberries* and *Penny-Royal*, in Distempers attributed to the Womb. But it is to be fear'd, that several of our *Londoners* are not so honest, and curious, as to prepare their *Mum* faithfully, and truly; if they do, they are so happy as to furnish, and stock their Country with one of the most useful Liquors under the Sun, it being so proper, and effectual in several lingering Distempers, where there is a depravation, and weakness of the Blood and Bowels.

There still remains behind a strong, and general objection, that may perhaps fall upon this little puny Pamphlet, and crush it all to pieces, that is, the Histories are too short, and imperfect; to which I have only this to answer, *Ars longa, vita brevis*, a perfect Natural History of the least thing in World, cannot be the Work of one Man, or scarce one Age, for it requires the Heads, Hands, Studies, and Observations of many, well Compar'd and Digested together: therefore this is rather an Essay, or Topick, for men to reason upon, when they meet together at Publick-Houses, and to encourage them to follow the example of *Adam*, who being in the state of Innocence did contemplate of all the Creatures that were round about him in Paradise, but after the Fall, and the Building of a City, the Philosopher turn'd Politician.

Post-

Postscript.

Liquors and Drinks are of such general use, and esteem in all the habitable parts of the World, that a word or two concerning them cannot be improper, or unwelcome.

First the Saps and Juices of Trees will afford many pleasant and useful Liquors. The *Africans* and *Indians* prepare their famous Palm Wine (which they call *Sura*, or *Toddy*) out of the sap of the wounded *Palm Tree*, as we do our *Birch Wine* in *England* out of the tears of the pierced *Birch Tree*, which is celebrated in the Stone and Scurvy. So the *Sycamore* and *Walnut* being wounded will weep out their Juices, which may be fermented into Liquors: In the *Molucca's* the Inhabitants extract a Wine out of a Tree called *Laudan*.

Fruits and Berries yield many noble and necessary Liquors; every Nation abounds with various Drinks by the diversity of their Fruits and Vegetables. *England* with *Sider*, *Perry*, *Cherry*, *Currant*, *Gooseberry*, *Rasberry*, *Mulberry*, *Blackberry*, and *Strawberry Wine*. *France*, *Spain*, *Italy*, *Hungary* and *Germany*, produce great variety of Wines from the different species, and natures of their Grapes and Soils. In *Jamaica* and *Brazil* they make a very delicious Wine out of a Fruit called *Ananas*, which is like a *Pine Apple*, not inferiour to *Malvasia* Wine. The *Chineses* make curious Drinks out of their Fruits; so do the *Brazilians*, and Southern *Americans*; as from their *Coca*, *Acajou*, *Pacobi*, their *Unni*, or *Mur-*

Helmont de Li-
thias.
Ray's Catalog.
Plantar.
Vinetum Bri-
tannicum.

Vinetum Bri-
tannicum.

Piso. Macra.
Hist. 1. 1. 1.

tilla's.

POSTSCRIPT.

tilla's. We may note here, that all the Juices of Herbs, Fruits, Seeds, and Roots will work, and ferment themselves into intoxicating Liquors, out of which Spirits, and Brandies may be extracted, most Nations under the Sun has their drunken Liquors and Compounds; the Turk his *Massack*, the *Persians* their *Bangue*, the *Indians* their *Fulo*, their *Rum*, their *Arak*, and *Punch*. The *Arabians*, *Turks*, *Chineses*, *Tartars*, and other *Eastern* Countries do make inebriating Liquors out of their Corn, and Rice: some rather than not be Drunk will swallow *Opium*, *Dutroy*, and *Tobacco*, or some other intoxicating thing, so great an inclination has Mankind to be exalted. *Pliny* complains, that Drunkenness was the study of his time, and that the *Romans* and *Parthians* contended for the glory of excessive Wine Drinking. Historians tell us of one *Novellius Torquatus*, that went through all the honourable degrees of Dignity in *Rome*, wherein the greatest Glory, and Honour he obtain'd, was for the Drinking, in the presence of *Tiberius*, three Gallons of Wine at one Draught, before ever he drew his breath, and without being any ways concern'd. *Athenæus* says, that *Melanthius* wish'd his own Neck as long as a *Crane's*, that he might be the longer a tasting the pleasure of Drinks; yet what he reports of *Lasyrtes* is wonderful, that he never drank any thing, yet notwithstanding Urin'd as others do. The same famous Author takes notice, that the great Drinkers us'd to eat *Coleworts* to prevent Drunkenness, neither are some men of our days much inferiour to those celebrated Antients. The *Germans* commonly Drink whole Tankards, and Ell Glasses at a Draught, adoring him that Drinks fairly, and most, and hating him that will not pledg them. The *Dutch Men* will salute their Guests with a Pail, and a Dish, making Hogheads of their Bellies. The *Polander* thinks him the bravest fellow, that Drinks most Healths, and carries

Dr. Mundy de
potentis.

Plinii Nat. Hist.
lib. 14.

Athenæus.
Weekly Memorial. n. 14.

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ries his Liquor best, being of opinion, that there is as much Valour in Drinking, as Fighting. The *Russians*, *Suedes*, and *Danes*, have so naturaliz'd *Brandy*, *Aqua Vitæ*, *Beer*, *Mum*, &c. that they usually Drink our *English Men* to Death, so that the most ingenious Author of the *Vinetum Britannicum* concludes, that temperance (relatively speaking) is the Cardinal Vertue of the *English*.

It is very wonderful what Mr. *Ligon*, and other *American* Travelers relates of the *Cassava Root*, how out of it, the *Americans* do generally make their Bread, and common Drink, called *Parranow*; yet that Root is known to be a great Poyson if taken raw: their Drink call'd *Mobly* is made of *Potatoes*. But we will conclude all with *Virgil*, who speaking of the many Liquors in his time, says, *Sed neque quam multæ species, nec nomina que sunt est Numerus.*

Ligon's History of Barbados.

FINIS.

A Help to *English* History, containing a Succession of all the Kings of *England*, the *English Saxons*, and the *Britains*; the Kings and Princes of *Wales*, the Kings and Lords of *Man*, the Isle of *Wight*: As also of all the Dukes, Marquesses, Earls and Bishops thereof; With the Description of the places from whence they had their Titles; Together with the Names, and Ranks of the Viscounts, Barons and Baronets of *England*. By *P. Heylyn*, D. D.

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